



# Iowa Gold Star Cycle Menu



## PLEASE NOTE:

- The Iowa Gold Star Cycle Menus meet the Gold criteria for HealthierUS School Challenge, includes locally grown fruit/vegetable options, and offers healthy USDA Foods.
- All menus include a choice of non-fat or 1% milk.
- The second vegetable and the first fruit listed are fresh.
- The menu follows a food-based menu planning approach, which is in line with the Proposed Rule for NSLP Nutrition Standards/IOM recommendations.
- If a school is on the enhanced menu planning method, additional grains of up to 15 servings per week, may need to be added. All menus provide at least 8 grain servings/week.
- Nutrition analysis using NutriKids is available using simple averaging, following the IOM recommendations of 2 servings of vegetable and 1 serving fruit daily.
- Target calories per IOM recommendations are 600-700 calories/day; and 750-850 calories/day when the optional healthy dessert is served 1/week.
- A whole grain product is indicated by WG in the menu.

Recipes and other supporting resources are available at <http://tinyurl.com/iowagoldstarmenu>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> Chicken Strips Cheesy Mascot Bread w/Marinara Sauce  Roasted Squash Cuban Black Bean Salad  Kiwi Sliced Pears Cornbread	Hamburger on Bun Chicken Brown Rice Bowl with Vegetables  Sweet Potato Fries Sliced Peppers and Cherry Tomatoes w/Ranch Dip  Frozen Melon Balls or Fresh Melon Pineapple  <u>Winter Alternate Entrée:</u> Chicken a la King over Whole Wheat Biscuit	WG Beef and Bean Enchilada Low-Fat Turkey Corn Dog  Mexicali Corn Mixed Greens Salad  Banana Fruit Cup WG Corn Tortilla Chips	Turkey w/ Gravy Baked Fish Shapes  Mashed Potatoes Broccoli Florets  Red Seedless Grapes w/Fruit Dip Mandarin Oranges WG Sage Dressing with Dried Cherries  <u>Spring Alternate Entrée:</u> Turkey Sandwich on WG bun, WG Pasta Salad, Chef Cyndie's Spring Salad w/Pear Vinaigrette	WG Cheese Pizza Hot Ham and Cheese on WG Bagel  Carrots Marinated Fresh Vegetable Salad  Red Apple Slices w/Caramel Sauce Peach Slices  <u>Dessert (Optional)</u> WG Apple Crisp



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<p><b>WEEK 2</b></p> <p>Turkey Tetrizzini with WG Noodles WG Sausage Pizza Wedge</p> <p>California Blend Veggies Carrot Raisin Salad</p> <p>Seasonal Fruit Fruit Cocktail</p>	<p>Mandarin Orange Chicken with Brown Rice Beef Lasagna</p> <p>Green Peas Spinach Salad w/Grape Tomatoes</p> <p>Fresh Orange Wedge Strawberry Applesauce Whole Wheat Breadstick</p>	<p>Chili with Beans Cheese Omelet</p> <p>Tri Tater or Potato Wedge Carrots and Celery Sticks w/Ranch Dip</p> <p>Banana Pineapple Tidbits Homemade Whole Wheat Cinnamon Roll</p> <p><u>Alternate Entrées:</u> White Chili with Beans WG Pancakes and Turkey Sausage</p>	<p>Stromboli Bites Turkey Club on WG Bun</p> <p>Sautéed Summer Squash Mixed Greens Salad</p> <p>Green Apple Slices w/Fruit Dip Sliced Pears</p>	<p>Chicken Quesadilla Oven Baked Fish on WG Bun</p> <p>Stir-fry Veggies Fresh Broccoli and Cauliflower</p> <p>Green Grapes Apricots</p> <p><u>Spring Alternate Entrée:</u> Fish Taco</p> <p><u>Dessert (Optional)</u> Oatmeal Whole Wheat Raisin Cookie</p>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>WEEK 3</b></p> <p>WG Pepperoni Pizza Chef Salad with Grilled Fajita Chicken Strips and Whole Wheat Breadstick</p> <p>Sweet Potato Salad with Citrus Vinaigrette Raw Veggies Sticks w/Ranch Dip</p> <p>Frozen Melon Balls or Fresh Melon Mandarin Oranges</p>	<p>Low Fat Hot Dog and WG Bun Sloppy Joe on WG Bun</p> <p>Baked Beans Mixed Greens Salad</p> <p>Banana Tropical Fruit</p> <p><u>Dessert (Optional)</u> Applesauce Cake or Carrot Cake</p>	<p>Chef BJ's Pork Roast w/ Apples and WG Roll Chicken Caesar Wrap</p> <p>Oven Brown Potatoes Savory Carrots</p> <p>Strawberries Apple Slices</p> <p><u>Spring Alternate Entrée:</u> Cuban Pork Sandwich on WG Bun</p>	<p>Beef and Bean Nachos w/ WG Corn Tortilla Chips and Salsa Honey Mustard Deli Wrap w/ Multigrain Sun Chips</p> <p>Green Beans Cucumber Slices w/Ranch Dip</p> <p>Orange Wedge Sliced Peaches</p>	<p>Cheesy Broccoli Omelet French Toast Sticks Tuna Salad Sandwich</p> <p>Tater Tots Spinach Salad w/Grape Tomatoes</p> <p>Red and Green Apple Slices w/Fruit Dip Blueberries</p> <p><u>Spring Alternate Entrée:</u> Tuna Melt on WG Pita</p>



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<p><b>WEEK 4</b></p> <p>Seasoned Turkey Patty or Grilled Chicken on WG Bun Baked Potato w/Chili and Cornbread</p> <p>Broccoli Steamed Jicama Salad</p> <p>Seasonal Fruit Apricots</p> <p><u>Winter Alternate Entrée:</u> Turkey Black Bean Chili with/Cornbread</p> <p><u>Dessert (Optional)</u> Triple Berry Buckle</p>	<p>Beef Taco on WG Tortilla w/Salsa Breaded Mozzarella Cheese Sticks w/ Marinara</p> <p>Refried Beans Marinated Fresh Vegetable Salad</p> <p>Kiwi w/Fruit Dip Pears</p>	<p>BBQ Pulled Pork on WG Bun Vegetarian Rice Bowl</p> <p>Stir Fry Veggies Creamy Coleslaw</p> <p>Banana Fruit Cocktail</p>	<p>Meatball Sub Chef Salad with WG Roll</p> <p>Honey Glazed Carrots Celery w/Sunflower Dip</p> <p>Fresh Melon, Grapes and Strawberries Applesauce</p>	<p>Mac and Cheese w/Sausage Patty Chicken Panini</p> <p>Peas Mixed Green Salad</p> <p>Red Grapes Pineapple</p> <p><u>Winter Alternate Entrée:</u> Tuna Noodle Crunch</p>
<p><b>WEEK 5</b></p> <p>Spaghetti w/ Meat Sauce Fajita Chicken Wrap</p> <p>Green Beans Fresh Cucumber Slices w/Ranch Dip</p> <p>Orange Wedges Spiced apples</p> <p><u>Spring Alternate Entrée:</u> Mini Lasagna Bites</p> <p><u>Dessert (Optional)</u> Pumpkin Bar</p>	<p>Breaded Pork Tenderloin Sandwich on WG Bun Pizza Dippers w/ Marinara</p> <p>Baked Beans Sweet Potato Crisp Cuts</p> <p>Fresh/Frozen Blueberries Fruit Cocktail</p>	<p>Chicken and Spinach Alfredo WG Pasta and Whole Wheat Breadstick Deli Combo Sub</p> <p>Sautéed Zucchini Squash Mixed Greens Salad</p> <p>Banana Peaches</p>	<p>Beef Taco Salad w/ WG Roll Popcorn Chicken with Brown Rice</p> <p>Carrot and Celery Sticks Hummus</p> <p>Apple Wedge w/Fruit Dip Pineapple Melon Salsa</p> <p><u>Winter Alternate Entrée:</u> Chipotle Chicken Burrito</p>	<p>Chicken Nuggets Grilled Cheese with Tomato Soup</p> <p>Snap Peas Three-Bean Salad</p> <p>Fresh/Frozen Strawberries Mandarin Oranges WG Roll</p> <p><u>Dessert (Optional)</u> Banana Cake</p>

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